6 Sunnah & Scientific benefit of Drinking Water

Humans need to drink water to survive. A human body is approximately 60% water, Human brain is 70% water, and lungs are nearly 90% water. Each day, the human body must replace 2.4 liters.



Sunnah of Drinking Water



1. Drink with right hand.

To use right hand at the time of eating and drinking its SUNNAH.

2. Drink after by sitting.

First set somewhere on a flat surface then drinks water.

On the other hand, if you sit down and drink water sip by sip. And other things will remain the same. The stomach will not distend as it gets supported by the stomach cavity in turn supported by the thighs.

3. Start drinking water with saying - بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

In English: Bismillah ir Rahman ir Rahim

Translation: In the name of Allah, most Gracious, most Compassionate.

4. See the water before drinking

We will have to see the water before drinking because there may be dirt in the water or any insect in it. It may be a cause of our different Disease

5. Drinking water in 3 steps / breaths.

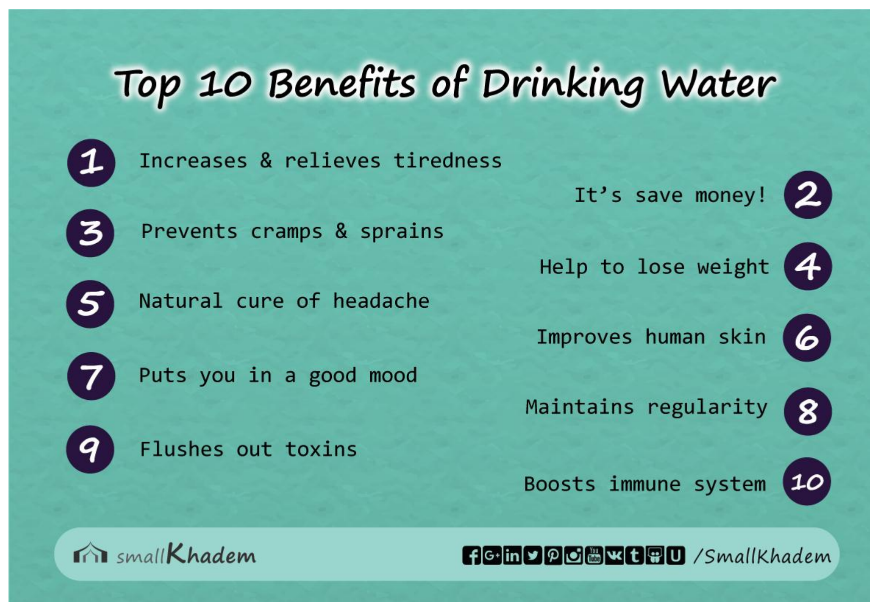
After each sip, separate the utensil from the mouth, then aging drink and aging do same thing.

6. Praise to Allah -"الْحَمْدُ لِلَّهِ" after finishing.

Pronunciation: Alhamdulillah

Translation : Praise to Allah

Top 10 Benefits of Drinking Water



1. Increases & relieves tiredness
2. It's save money!
3. Prevents cramps & sprains
4. Help to lose weight
5. Natural cure of headache
6. Improves human skin
7. Puts you in a good mood
8. Maintains regularity
9. Flushes out toxins
10. Boosts immune system

Function and Health Benefits of Drinking Water

1. Composes 75% of Human Brain
2. Regulates Human Body temperature.
3. Makes up 83% of blood.
4. Makes up 75% of muscles.
5. Composes 22% of human bones.
6. Helps converter food into energy.
7. Removes waste.
8. Removes toxins.
9. Helps Human body to absorb nutrients.
10. Moistens oxygen for berating.
11. Cushions you joints.
12. Helps carry nutrients and oxygen at work.
13. Improves your productivity at work.
14. Natural remedy for Headache.
15. Relieves the risk of Cancer.
16. Improves your performance during exercises.